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to some extent have difficulty with pleasing others, conflict, and saying no assertively. Braiker does a nice (to use her least favorite word) job in explaining the difficulties people have in over pleasing others and under valuing the self.

The Disease To Please: Curing the People-Pleasing Syndrome ...

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The Disease to Please: Curing the People-Pleasing Syndrome ...

It's when you try to please everyone that it becomes a problem. In fact, more than a problem, a disease. Harriet B. Braiker called it "the disease to please." And it's making you ill. Why? Because you want everyone to like you. To love you. You dread disapproval.

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The Disease to Please: Curing the People-Pleasing Syndrome ...

Those who suffer from the 'Disease to Please' are people who say 'Yes' when they really want to say 'No'. For them, the uncontrollable need for the elusive approval of others is an addiction. Their debilitating fears of anger and confrontation force them to use 'niceness' and 'people-pleasing' as self-defense camouflage.

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Featured on NBC's "Today," The Disease to Please explodes the dangerous myth that "people pleasing" is a benign problem. Best-selling author and frequent "Oprah" guest Dr. Harriet Braiker offers clear, positive, practical, and easily do-able steps toward recovery.

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The Disease to Please: Curing the People-Pleasing Syndrome ...

The Disease to Please is a compulsive—even addictive—behavior pattern. As a people-pleaser, you feel controlled by your need to please others and addicted to their approval. At the same time, you feel out of control over the pressures and demands on your life that these needs have created.

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